

# Silver Banner

## Fall 2010

Issue 72

Editor: Susan Jacobs

### ***Mission Statement:***

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Peru.

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## **DALTON SENIOR CENTER UPDATE**

Allegrone Construction is hard at work on the Dalton Senior Center at 40 Field St. Ext. As of this writing, the slab has been poured and the framing is going up!



We anticipate being able to move into the new building in late January or February.

The exterior colors of the building have been chosen. The cement board siding will be "Linen" with white trim. The metal roof of the vestibule (the main entrance to the building) will be Hemlock Green, and the asphalt shingles on the roof

of the building will be Cobblestone Grey.

A Grand Opening Celebration is planned in May 2011 during Older Americans Month. We will have more specific details in the Spring issue of the Banner.

The Friends of the Dalton COA, Inc. are closing in on the goal they set for their Capital Campaign to raise the funds to furnish the new Center. They have formed a "Furnishings" subcommittee which is finalizing plans to outfit the new building.

[For more information, please turn to articles on pages 3: "Friends" and 5: Program Council.]

### **Finally! A Web Site for Adults!**

We have learned about a web site that I encourage you to check out. I found "NIH Senior Health" at <http://nihseniorhealth.gov> to be very user-friendly. The site is described as a free web resource from the National Institutes of Health and includes over 40 topics on senior health, each with reliable, easy to understand online health information, open-captioned videos, quizzes and exercise stories.

This resource for healthy aging has senior friendly features that include a "talking function" that reads the text aloud, the ability to increase text contrast, and an easy way to increase text size right on the web page. I encourage you to check this out!

## HILLTOWN NOTES

### **Becket News** (by Joan Moylan)

In August, Sonny, Claire, and I went to the King Ward Group Leader Appreciation Luncheon. It was very informative, with many vendors offering enticing trips for next year. The affair was held at The Log Cabin in Holyoke.

Our Lunch Bunch is really coming together. About 20 seniors attend, and everyone looks forward to the change of pace.

September:

On September 9th Maureen Dion, Community Outreach Coordinator from Home Instead Senior Care spoke at our lunch on how to prevent falling.

October:

+ On October 21st **Wesley Souliere** will be named a "Chevalier" of the Legion of Honor in recognition of his service in France during WWII. The medal will be presented by the Ambassade De France aux State. An Honor Guard of fellow veterans will be there, as well as family, friends and other local and state dignitaries. We are all very happy and proud for Wes.

+ October 26th. **Flu Clinic** will be held at the senior center from 1- 2:30 pm Make sure you bring your Medicare Card.



November:

+ Our own **Sergeant Mark Portier** will again be cooking for us on November 11th at noon. Mark is an outstanding cook and we all look forward to lunch.

+ The Becket Seniors will be going to **Foxwood** on the 17th.

December: Two **Christmas Parties** are planned. The first will be Dec. 9th at the Knox Trail Inn at 1 PM, and the second at the Russell Inn on Dec. 21st at noon.

Remember, each month:

Blood Pressure Clinic 2nd Tuesday;  
Brown Bag 3rd Friday;  
Pot Lunch 4th Friday.

We all want to thank Sarah for all the help she has been to the Becket Seniors. We all look forward to her visits, and we are all so excited about the new baby. We wish her the very best.

### **News from Peru** (From Barbara Lufkin)

The Peru COA pot luck luncheon hosted 17 people on Sept. 2<sup>nd</sup>. We had a very informative program presented by a team from the Gentiva Health Care company. Several people remarked that they had really learned a lot from the presentation.

Several of our seniors accompanied Hinsdale seniors on a Fox Bus tour to Salem Mass on Oct. 7<sup>th</sup>. It is a great place to celebrate Halloween!

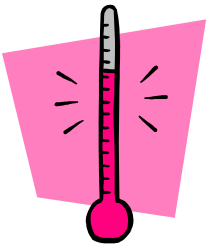
We are hoping to start the Brown Bag program in Peru in the near future.

The Peru and Hinsdale COAs have combined to offer a YOGA program at the Hinsdale Community Room. A \$2 fee is being charged for each session. There is room for you to join us.

At our luncheon on Nov 4<sup>th</sup>, Roger Suters from Elder Services will present information on their "Health Benefits University," a basic course on Medicare and the supplements.

It has been requested that we start an exercise program in Peru. Interested persons should contact Barbara at 655-2592, or Christine at 655-8285. Let us know what kind of exercise program interests you. Remember there is Yoga in Hinsdale: Monday mornings at 9, and Osteo. Exercise classes on Tuesday and Thursday in Dalton for people at risk for or diagnosed with osteoporosis. - BL

## NEWS FROM DALTON



**From the Friends of the Dalton COA, Inc.:** (Marjorie Limburg, Pres.) The Friends of the Dalton COA is a non-profit group whose focus is to support the work of the COA.

I would like to give an update on our Capital Campaign to furnish the soon-to-be-completed Dalton Senior Center. The thermometer tracking our progress is on Main Street on the open lot next to the CRA parking area.

Allegrone Construction is moving right along with the project. As was mentioned in the cover story, the slab is poured and the framing is well-underway. There is also a beautiful sign on the site with, "Future Home of... Dalton Senior Center" and the architect's rendering of the new building. I hope everyone will drive by to see the sign and follow the progress of the building project.

Our Capital Campaign to raise \$150,000 is getting closer to the goal. In addition to the Challenge Grant from David and Susan Lombard, we have received large donations from The Crane Fund, Greylock Federal Credit Union, Dalton Lions Club and Pittsfield Cooperative Bank, as well as numerous families and individuals.

In mid-July, Friends Board member, Barbara Bartels began promoting the "Memorial Bricks" to the community. As of this writing, over 100 bricks have been ordered and will be installed in the spring in a special garden in front of the building. Sale of the bricks will continue, so if you are interested in ordering one, please contact Barbara at 684-3133. (Holiday gift-giving tip: An engraved brick is a lovely way to honor a loved one).

**Special Note for GE Employees and Retirees:** The Friends has been approved by the GE Foundation to receive matching gifts. If you are a GE employee or retiree and have given a donation to the Friends, your gift will be matched if you notify them of your donation.

If you have any questions, you can call me for more information at 684-1434. - *Marjie*

## **Dalton COA News.....**

### **Flu Clinic, October 20th, 2-4 PM**

Berkshire VNA will offer a Seasonal Flu Clinic on Wednesday, October 20th from 2-4 PM at the Dalton CRA.

#### **Criteria for flu shot:**

- + No appointment necessary
- + Must be 18 or older
- + Bring Medicare Card
- + Wear short sleeves

(Pneumococcal vaccine will be available to those meeting specific criteria)

#### **FEES:**

- + Medicare—No charge
- + All others: \$25

For information, call Berkshire VNA at 447-2862 or the COA Office at 684-2000.



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**COA Board Membership:** If you have any questions about the Dalton COA, in addition to contacting the office at 684-2000, you may also speak to any of our wonderful board members. They are: Mark Meunier, Chair., Mary Lamke, V. Chair., Joyce Lacatell, Clerk., Maureen Mitchell, Treas., and members Judy Brooks, Marcia Brophy, Persis Caverly, Cora Cooney, Cynthia Costello, Caroline Dietlin, Gordine Galusha, Marjorie Lillpopp, Mary Martinelli, Jean Poopor and Ralph Young. At the October 18th Special Town Meeting, a change in the COA By Laws will be voted to allow the board to have two alternate members in addition to the fifteen who currently serve.

***(See information on the COA Van Service on page 7).***

## ELDER SERVICES—MONEY MANAGEMENT

The Money Management Program at Elder Services of Berkshire County assists low-income elders and in some cases people with disabilities who need help managing their household finances.

The Money Management program has three types of volunteers:

- Bill Payers
- Representative Payees
- Monitors

Volunteers are screened, trained and then matched with a person who has been referred to the program. Sometimes people refer themselves for this type of help.

After an initial meeting and a signed agreement, the volunteer meets with the clients on

a monthly basis, sorting mail, writing checks for the client's signature, balancing the checkbook and helping the person manage a budget. All information is kept in strict confidence.

The program is available to low income people 60 years and older who do not have anyone else to help them manage these recurrent financial tasks.

If you or someone you know might benefit from the Money Management Program, or if you would like to join the team of dedicated volunteers who provide this service, please call Elder Services at 413-499-0524 or 1-800-544-5242, and ask for Money Management.



### *Thoughts for the Day...*

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Things turn out the best for those who make the best of the way things turn out.

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Those who say it can't be done should get out of the way of those who are doing it.

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Success is getting up just one more time than you fall.

~~~~~

Ideas are funny little things....  
They won't work unless you do.

~~~~~

Giant oak trees started out as little nuts  
that held their ground.

### **Problem Gambling & Older Adults**

In recent years, gambling among older adults has become an increasingly popular pastime. In fact, a recent study showed that gambling was identified as the most frequent activity of older adults, with bingo being the most popular, followed by casino gambling. Most people are able to engage in these activities for fun without negative consequences. There is a small percentage of people, however, who may develop serious problems as a result of problem or compulsive gambling.

#### **Warning Signs**

Here are some possible warning signs of problem gambling:

- Withdrawal from friends and family;
- Gambles with money meant for necessities (food, rent, medicine);
- Gambling on credit;
- Missing personal or household items;

*(Gambling cont. pg. 5)*

## Program/Volunteer Council in Dalton



The members of this newly formed Council have met twice to begin the process of planning a broader range of programs and activities for the new Center. Each has brought

to the table ideas for special events and ongoing programs. Among these are:

- A bulletin board dedicated to social networking and special interests for active people who want to do things with others, e.g. hiking groups;
- Travel including day and multi-day trips;
- Support groups;
- Computer classes;
- Conversational classes (e.g. foreign languages);
- Line Dancing;
- Handyman Classes;
- Woodworking
- Monthly evening social pot luck;
- Cooking, e.g. visiting Chef, cake decorating, ethnic cooking (Thai), special needs cooking (cardiac & diabetic);
- Bird watching;
- Speakers from BCC, Hospice, Arthritis, Government (Social Security, RMV, Medicare) and medical specialists, etc.
- "Lunch Bunch" to area restaurants;
- Exercise, e.g. Zumba, Tai Chi, Yoga, etc.
- Table games, e.g. Bridge, Pitch, Mahjongg and Game Board nights;
- Book Club and book exchange;
- Quilting, sewing, knitting & crocheting groups;
- Gardening in raised beds at the Center;
- Golf, Croquet, Shuffle Board;
- Outdoor serenity area for Tai Chi.

This is just a sampling. If you have suggestions, know of a local resource, or have a skill to share with others in our community, please let us know. You can call the office at 684-2000, or email us at [dcoa@bcn.net](mailto:dcoa@bcn.net). ~ Sue & Sarah

*(Gambling continued from pg. 4)*

- Gambling alone;
- Borrowing from friends and family;
- Already struggling with some form of addiction;
- Lying about or hiding gambling;
- Only talks about wins, not losses;
- Betting more than he/she can afford to lose;
- Appears unhealthy.

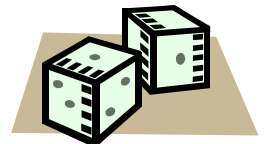
### Tips to Reduce your Risk:

1. Always gamble for fun, treat winning as a bonus;
2. Make gambling an event with friends and family, not alone;
3. Decide on the amount you will gamble ahead of time, and spend only that much;
4. Never borrow money to gamble, or gamble on credit;
5. Limit the number of times you gamble and the time you spend on each occasion.

### Ask yourself:

1. Since I started gambling, have I felt more depressed, either after gambling or in general?
2. Have I ever been surprised by the amount of time that has passed when I've finished gambling?
3. Have I ever spent more money than I planned on when gambling?
4. Have I ever hidden my gambling activities, for example, where I was and how much I won or lost?
5. Has gambling filled a void in my life and helped me feel less lonely?

If you can answer yes to one or more of these questions, it may be a sign of a gambling problem, and an opportunity to seek further information. The MA Council on Compulsive Gambling can be reached at 1-800-426-1234. Their web site is [www.masscompulsivegambling.org](http://www.masscompulsivegambling.org) offers many resources such as self-help meeting lists, treatment center contact information, web and print materials as well as a *Your First Step to Change*, their self-assessment test to help you or a loved one to determine the presence of a gambling problem.





## Practical Gift Ideas

With the holidays right around the corner, the following list of gift-giving suggestions comes from VNA & Hospice of Cooley Dickinson, our neighbors in Northampton.

- Grip Socks
- Color code for keys
- Plastic bag handle gripper
- Universal TV remote control
- First Aid kit
- Medic Alert ID bracelet
- Flashlights and batteries
- Energy efficient LED night lights for bathrooms, bedrooms and hallways
- Smoke detectors
- Carbon monoxide detectors
- Emergency kit for car
- Medicine organizer
- Ice Melt for sidewalks
- Remote car starter
- Hand-held shower
- Bath or shower seat
- Sturdy step stool
- Garage door opener
- Telephone with large buttons
- Cross-cut shredder
- Reflective vest for safe walking outdoors
- Hand railings on both sides of all stairwells
- Energy efficient light bulbs for most frequently used lamps
- Reflective house numbers—Check with your local Police Dept. or Triad officer
- File of Life—Check with your local Police Dept., Triad officer or COA
- Motion detector lights for outside walkways

### **GIFT CERTIFICATES for.....**

- Heating Oil, Gas, Electric or Cable
- Supermarket or drug store
- Favorite restaurant/s
- Car tune up or oil change
- Annual car inspection
- Newspaper subscription
- Pet food, pet care or dog walking
- Shoveling or snow plowing
- House cleaning
- Hairdresser or barber

## Improve Your Balance in 10 Minutes a Day

(From the AGS Foundation for Health in Aging)

### **Four Square**

An important part of the balance system you use every day is your ability to know where certain body parts are in space. Your “internal sense of spatial orientation” is helped by this exercise.

1. Get on all fours with knees and hands 12 inches apart.
2. Keep your back flat and your head “straight.”
3. Lift each arm forward by itself and hold for 5 to 10 seconds.
4. Repeat with each leg, straightening it behind you but keeping it close to the ground.
5. Lift the opposite arm and leg (right arm, left leg) at the same time and hold for 10 seconds. Then repeat on the opposite side.

### **Posture Perfect**

Posture and strength are important components of your body’s system of maintaining balance. These exercises encourage good posture while enhancing lower extremity strength as well.

1. Stand with your arms resting comfortably with a countertop or sturdy table in front of you and a wall behind you.
2. Stand with your feet comfortably apart. Look straight ahead, keep your back straight and your knees slightly bent.
3. Slowly rise up on your toes.
4. Lower yourself down slowly and repeat 5 times.
5. Keep your posture the same, but this time raise the front part of your foot, lower it slowly, and repeat 5 times.
6. Finally, keep standing as you have been. Lift one leg several inches off the floor and hold for 5 seconds, lower it slowly, and repeat 5 times. Repeat on the opposite foot.

*(Continued next page)*

Are you at least 60 and have  
a problem with your in-home  
caregiving services?

Do you know someone who does?

**If so, please call us!**



(1-800-AGE-INFO)

Press **#5** to speak to an  
Elder Services Ombudsman.

## **HOLIDAY EVENTS IN DALTON**

The Thanksgiving Luncheon will be  
Thursday, November 18th at noon in  
Guild Hall at Grace Church, 799 Main  
Street. Reservations must be made by  
Monday, November 15th.

The annual Holiday Party will again be  
held in the hall at the Dalton United  
Methodist Church. This years date will be  
Thursday, December 16th  
with RSVP's due by Fri-  
day, December 10th.

RSVP's may be made to  
the COA Office at 684-  
2000, or by email at  
dcoa@bcn.net.



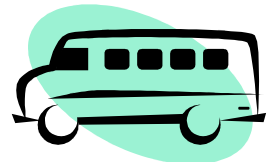
## **Dalton COA Van Service**

The Dalton COA operates a lift van Monday  
through Thursday. The service is available  
for all Dalton residents age 60 and over and  
disabled of any age.

Reservations for rides must be made a mini-  
mum of 24 hours in advance. The majority  
of trips are for medical appointments, but  
you can also do your banking, go to the hair-  
dresser or barber, shopping or other needs.  
We transport within Dalton and to Pitts-  
field. If the schedule allows, we will also go  
to the Berkshire Mall.

Trips to scheduled COA activities (lunch,  
exercise class, etc.) are \$1.50 each way; all  
other trips are \$3.00 each way. Payments  
are made to the COA  
office.

For more information,  
call 684-2000.



*(Balance continued from pg. 6)*

## ***The Eyes Have It***

Good balance requires input from the environ-  
ment to give your body the correct signals.  
Your eyes tell your body a great deal about the  
space in which you need to move and balance.

1. Sit in a stable chair with a straight back and  
arm rests if you need them to get up  
from a sitting position.
2. Focus your eyes on a target 10 to  
20 feet away while you stand up  
slowly and then sit down again with  
your eyes **open**.
3. Repeat with your eyes **closed**.
4. Repeat 5 times.



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[We have copies of another good brochure  
from VNA & Hospice of Cooley Dickinson ti-  
tled, "**Safety Begins at Home**," a checklist of  
45 things you can check around your home to  
reduce the risk of accidents and falls. Call  
684-2000 or stop in for a copy.]

Phone: 413-684-2000  
Fax: 413-684-4033  
Email: dcoa@bdcn.net

400 Main Street  
Dalton, MA 01226

HILLTOWN ASSOCIATION OF COUNCILS ON  
AGING, INC.

*Marcia Brophy, Dalton  
Helga Knappe, Dalton  
Sonny Nelson, Becket  
Joan Moylan, Becket  
Barbara Lufkin, Peru*

### Board of Directors

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### **PROGRAMS & EVENTS IN DALTON:**

**FOOT CLINICS:** 9-4 at the DALTON CRA on Tues., Oct. 26th (full), Nov. 23rd, Dec. 21st. These appointments fill up fast, so call 684-2000 early to book an appointment. Fee: \$25.

**BLOOD PRESSURE CLINIC:** Third Thursday at Grace Church, 10:30 am to noon.

**OIL PAINTING CLASSES:** Tuesdays, 12:30-3 PM at Dalton CRA. Instruction Fee.

**LUNCHESES:** Mondays and Thursdays at noon, Grace Church Guild Hall. Make your reservation at least 24 hours ahead.

**"VETERAN OF THE WEEK"**, from the Veteran's History Project shown Saturdays on Channel 16, Warner Cable.

**MAH JONGG**—Fridays from 10:15 AM to 12:30 PM. Come and learn, or organize a table of experienced friends to play. Call 684-2000.

**LIFE Program**—at Craneville Place, 2:30-3:30 PM on Oct. 25th Nov. 8th & 22nd, Dec. 6th and

20th. This round-table discussion complete with refreshments (and sometimes music with Dick Mullins) was coordinated for 12 years by Peri Caverly who has now passed the reins to Jean Poopor and Mary Martinelli. If you've been looking for a way to "give back" to our community but don't have a lot of time, this one hour every other week could be just the thing. Please call either Jean or Mary, or the COA Office at 684-2000.



### **"BREAKFAST CLUB"**

Who doesn't like a yummy breakfast with a very social group of people? This popular monthly event is held at the CRA and includes a walk (weather permitting), breakfast and a speaker or other program. Upcoming Friday dates are: Oct. 22nd; Dec. 3rd (for Nov. & Dec.) and Jan. 28th. Call 684-2000 early to make your reservation.